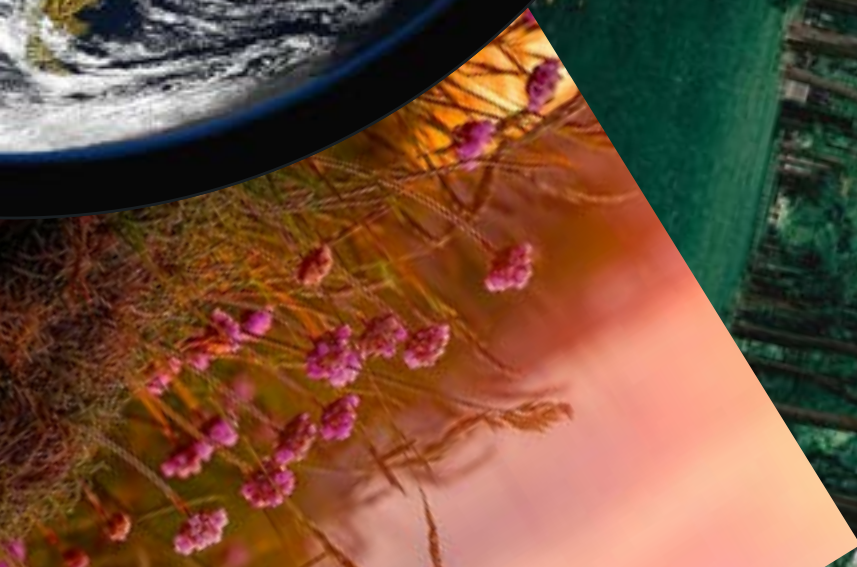


VOICES

ENGLISH
МАКЕДОНСКИ
SHQIP

May
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MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD



FREE

EDITORIAL



ВАФИРЕ МУХАРЕМИ - УРЕДНИК НА „ВОИСЕС“

VAFIRE MUHAREMI - EDITOR OF "VOICES" MAGAZINE



MAY FLOWERS!

The spring flowers have already opened in blossom warmly welcoming the bees and butterflies. Our magazine created by our volunteering flowers - Selina, Mathis, Ewelina and Doris is also blooming in its spring edition. Together with our volunteers, we have also Triine and Astrid. These volunteering flowers are so full of life, joy and lot of adventures. As the life itself without any flowers is empty, so the days in VCS without them are different, lacking their presence. We miss their "childish fooling", new challenges and their smiles coming up for a permission for a free day or leaving the office earlier... We miss the most their morning hugs... Into the warm embrace of the month of May make sure you "grab" its fruit Voices and besides your back warm up your soul.

МАЈСКИ ЦВЕТОВИ!

Пролетните цвеќиња веќе широко ги отвориле своите цветови и топло ги пречекуваат мајските пчели и пеперутки. Нашиот магазин создаден од нашите волонтерски цветови: Селина, Матис, Евелина и Дорис расцветува во своето пролетно издание исто така. Покрај нашиот магазин во ВЦС расцветуваат и нашите волонтери. Заедно со Селина, Матис, Евелина и Дорис се и: Трине и Астрид. Овое волонтерски цвеќиња се полни со живот, радост и безброј авантури. Како што човекот не може без цвеќињата така и деновите без волонтери во ВЦС се различни и се чувствува нивниот недостиг... Недостигаат нивните детски лудории, слатки предизвици, мали насмевки кога доаѓаат да прашаат за слободен ден или дали може да заминат малку порано... Најмногу ни недостигаат нивните утрински прегратки... Во прегратките на топлината на месец Мај, зграбчете го нивниот плод Воисес и покрај грбчето стоплете си ја и душата.



Erasmus+

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WE ARE IN A RUSH TO SAVE THE EARTH

Flames in the Notre Dame saddened people all over the world. Parts of this historically and culturally important cathedral burned on the 15.4.2019, and in just two days, people from all over the world have donated almost 900 million Euros for the repairs. This made many ask: “How fast could billionaires solve the great problems of the earth if they were interested?”

The state of the earth is undermined by climate change, the growth of the population which will soon exceed the 10 billion mark, the rapid extinction of species, the deterioration of soil quality, air and water pollution, plastic waste and toxic substances and hormone-changing chemicals in our waters. This information is based on a report from YK (2019) from the point of view of the environment and nature. There are movements rising all the time to prevent climate change (check page.19), but these actions are not enough and people all over the world started to stand up and share the knowledge about the state of the Earth. The problem is not that people have raised money for a rebuilding Notre Dame; the problem stands right in the fact, that there is no huge movement like this for Earth.

The report from YK groups the worst problem groups; global warming, loss of species, air and water pollution, antibiotic-resistant bacteria, and soil degradation and deforestation. Humans have changed the Earth to an unhealthy place to live and the rapid growth of mankind can lead to serious consequences. But we have hope; according to the scientists we have the knowledge, technology and money for a sustainable transformation of our societies to safeguard Earth. We are just missing the support from everyone; from political leaders, companies and from individuals everywhere. Researchers encourage politicians to look into complete systems such as energy and food production and waste management. For example, a third of the food that is produced goes to waste. The oceans are full of garbage; most of the plastic garbage comes from the ten rivers in Africa and Asia. Polar bears are disappearing because ice is melting in their habitats and finding food gets more difficult. The number of bees and bumblebees is going down rapidly due to changes in climate, affecting the availability of flowers on which bees depend. Traffic uses a quarter of the world's energy production and half of the world's oil production. When industries are producing products to humankind, it takes lot of energy and materials like metals and chemicals. Most of the pollution in air and waters comes from there.

Then again, one human being, as an individual, can ask the question "Why should I when no one else is doing anything? How do my actions matters when the biggest countries like the US and China pollutes the Earth and the Indonesians



“I don’t want your hope. I don’t want you to be hopeful. I want you to panic... and act as if the house was on fire”

- Greta Thunberg

throw garbage to oceans, and there are millions of people everywhere who do nothing?” There is a half truth there. China is the world’s largest source of greenhouse gas emissions, even though it has striven to improve the situation. An unimaginable amount of waste flows from the world to the seas from Indonesia and China. That’s why you easily get the feeling that your actions doesn’t matter. Recycling your small amount of plastic or trying to save the energy simply by taking shorter showers and closing the lights when you don’t need them, might get you frustrated, when you realize it will not help, unless most of us join the to these actions.

But let’s think of Greta Thunberg, the 16 year old girl who stood up to bring attention to climate change in Stockholm, Sweden in 2018. Already when she was 9, she understood the threat of climate change, so she gave up eating meat and buying useless products. She stopped using airplanes, and she got her family in for the movement too. She started the school strikes for the climate, and asked people from all over the world to participate. It became a global civic movement that inspired thousands of school students around the world to organize similar actions. Greta Thunberg is from the generation, whose life will be affected most by our actions now. The message she gave in climate conference in Poland, was clear; “Don’t you really realize?”

A survey, called Youth Barometer that was published last year says that young people’s concern about climate change

has grown dramatically from 2008, when about 40% were quite, or very concerned. Now the number is 70%. So what can we do? What would Greta Thunberg say? Maybe the same words she said in the climate conference, no one is too small. Nowadays, social media for example is a powerful tool to spread your message everywhere. Sometimes even by sharing a simple post to your Facebook page spreads the message forward for tens of people, and from them again further. So use inspiring people, messages, videos, pictures and spread the message. It may well be that it might make even one person think about what kind of future we will have ahead of us, and then another and another and another. Keep recycling the plastic and shutting the lights. Be the change you want to be, even when you feel small, because every action matters.

Greta Thunberg gave an example day of her future in 2078, when she will turn 75 years old “If I have children, maybe they will spend the day with me. Maybe they will ask about you. Maybe they ask why you didn’t do anything when you still had the opportunity.”

Selina Niemi

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KINGS AND QUEERS

No, this is not a typo. LGBTQ+ is a topic that becomes more and more famous. It stands for Lesbian, Gay, Bisexual, Transgender, Queer or Questioning and + to include all of the communities, since there are definitely more than five of them.

We like to think that we are living in a free world or at least in a free country and we can do and be who - and whatever we wish to be. Surprisingly, it might not be that beautiful. In this article, I wish to bring out some of the differences between being Queer in Macedonia versus Austria.

After asking several questions, Katharina from Austria told us their story: "I started to realize that I am non-binary around the age of 21. Mostly because I found out that there were more genders than just male and female, which I had not really known before, at least not in a way to realize that this was a real possibility. I did not wake up one day and knew that I did not fit into the binary; it was a long process of questioning my gender and coming to the realization that I am non-binary.

Coming to this conclusion involved a lot of research on queer issues, reading blogs, watching videos and documentaries of and with trans and non-binary people (and/or gender nonconforming, gender queer, gender fluid and other gender identities that don't fit into the gender binary) and really thinking about how I feel about my gender and my body and how I want people to see my gender. It also involved a lot of questioning whether I was just a tomboy or just didn't want to be seen as this stereotypical woman (kind of toxic). This didn't make it easier because I didn't want to be a man, I just didn't (and don't) feel like a woman (the gender I was assigned at birth) either. And it is quite difficult to think outside of this gender binary that you've been socialized/brought up in, where only two genders exist and it can be quite difficult to overcome this way of thinking.

As a child I would often say that I was not "like these other girls or these girly girls", that I was different from them (which is quite toxic and there is nothing wrong in liking or behaving or not liking/not behaving in stereotypically female ways - or male ways for that matter), because I did not have the means or knowledge to explain myself



better. This also led to me unconsciously stopping myself from doing/liking certain things that I saw as too stereotypically female (ex. sewing, embroidery, dancing - all things that I enjoy now), because I didn't want to be seen as girly (which can also apply to woman or girls that don't like these kinds of things, but for me it had to do with not being a girl and feeling like this category was forced into me but didn't really fit right. Even though I could grasp that at that time).


Getting to know my queer identity helped me to care less whether something was associated with a certain gender - most of the time, as I will sometimes adapt a more masculine presentation (way of walking and sitting, clothing, binder (a clothing that presses the breast tissue so it looks flatter and less like female breasts), way I style my hair in the hopes of not being seen as female. This is not because I want to be a man or I am a man; it's because at least I won't always be seen only as a woman or at least I'll confuse people about my gender. It's the nearest I can come in our society to be seen as neither female nor male by strangers. Thus being mistaken as a man or asked about my gender because people can't tell evokes a sense of euphoria (although that doesn't happen often, as 99,9% of people assume that I am female, which is not helped by the fact that I have a rather curvy body, especially wide hips). I remember already feeling this way when I was 10 years old, as I had short hair and I was mistaken for a boy quite often at that age. It never bothered me, but was rather something I would retell again and again over the years, not quite understanding what this meant to me.

I was lucky in that my parents tried to raise my twin brother and me the same, without regards to gender, so I wasn't as restricted as others I have talked to. At the same time some kids didn't really understand my lack of interest in behaving like other girls (a group I was obviously placed in and compared with), which besides some other reasons made me sort of an outcast. I still had a few friends, but I just never was that person that was well liked and looked up to by everyone. In hindsight it might have also helped me (in a fucked up kind of way) to become the person I am today. I felt less pressure to be just the way they/society wants me to be and rather I learned to just

be myself (which is still not always easy and obviously I still learn a lot about myself and things change)

I think that it might have also taken me as long to figure out my gender identity as there were other things I also had to figure out myself. Especially my sexuality, which is pansexual (possibility to be attracted to a person regardless of their gender), which also took me some time to figure out, but not nearly as long as my gender. With my gender identity it was also a slow process of letting people know about; for some I told about it when I was still questioning whether I was even non-binary (a term I mostly use because it is an umbrella term for genders outside the binary and feels less restricting and thus more right than other terms) and some people only learned about it later on. By now I think all the important people in my life know about it or have at least been told (I cannot see inside their head and know if and to what extent they understand it and see me as being non-binary). I also talk openly about it with people I meet if the topic comes up.

As for how it was received, there were varying reactions, although nobody was trying to hurt me, which doesn't mean that it didn't sometimes hurt. But the hurtful things that were being said came from places of ignorance of the existence of gender identities outside of the binary and with a better knowledge of the subject people mostly came around. My gender sometimes still gets questioned and I am asked whether I am not just a woman, that likes certain things or if I just want to be special or different. But this is not the case, believe me, the amounts of times I've cried because of my gender, knowing that I most likely will not be recognized as my gender 99,9% of the time for the rest of my life. Knowing that people on the streets will just see a woman, regardless of how I dress and style myself in hopes of not being seen as such. My gender does not exist in front of the law, I'm having a body that I sometimes hate because it just is too female. I'm being told that I am a woman over and over again or that it's just too difficult to change the way they see me as they have always seen me as a woman or girl. All of that hurts, but at the same time there are days where I feel so happy in my body, where I just feel like I ooze of non-binaryness (if that's a thing) regardless of how

A close-up of a person's eye, looking directly at the camera. The eye is light-colored with a dark pupil. The skin around the eye is covered in various colorful paint splatters, including yellow, green, blue, and red. The background is a soft, out-of-focus mix of these colors.

strangers see me, or when people affirm me in my gender (just a small word thrown into the conversation, that everyone else might miss and I'll be glowing for days). And even though it's hard I am happy that I am non-binary and I wouldn't change it if I could. It also gave me a completely new understanding of society and made me more empathic and understanding of other minorities.

As for how it is in Austria: I have the luck of having grown up around progressive, open-minded people and also having friends that are open-minded and quite a few of them also queer, so my experience was quite good. Maybe this is also why I haven't brought up the topic with some relatives as they live in the countryside which is rather conservative (and they are not as highly educated and haven't been in contact with many different opinions and different minorities) and I do not know

how they would react. In Vienna, where I grew up and live, people are more open minded, obviously not all of them, but at least most of the people I know. Still, most people have never heard of non-binary before, if they have even heard of trans before. Still most of the time me telling people that I am non-binary is followed by me explaining what that means. Also a factor, why I haven't had more negative reactions on the street might be due to the fact, that it is quite accepted for woman to dress in more traditionally male clothing, and I am thud often mistakenly put into that group, than it is for men to dress in a way that is presumed to me feminine"

Stefan from Macedonia shared some information about the topic here in Balkans. Compared to previous story, people are not so open-minded here in, for example, Macedonia and Serbia. Going out as gay or a queer person can literally be dangerous. There is a LGBT centre in Belgrade, Serbia, that is being attacked in some way every day. It varies from spitting on it to actually destroying the place as much as possible. The worst thing is that there is no punishment for it, nobody stands up for them. Being somehow different can bring a lot of problems, starting from people giving judgy looks and talking bad about others to actually getting in fights just because somebody dares to be true to themselves. There are stories and rumors about how the gay community is treated that are just shocking. It seems unbelievable that in 21st century we still have to fight for our right to be nothing more than just our truest selves.

Fortunately, there is light in the end of tunnel. Last year a straight-friendly bar called Shortbus was opened! This year will be held the first bigger Skopje Pride and there are more and more people coming out proudly, who are also fighting for the future that is freer for everybody. From 19th till 22nd of April there were also Queer Film Days in Skopje.

Sometimes hoping for the better future is not enough, it is time to act. Let's all be more tolerant and accepting towards each other, so we can all be free and show our inner magic.

Triine Viisma

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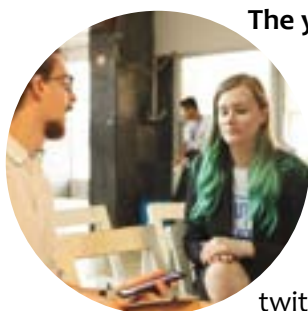
YouthFest 2019

youth stories - youth power

Brain drain is not what happens after spending too much time in front of Netflix but a serious issue affecting many countries in the Balkans. Young people don't see a perspective at home and leave in search for a better future. What is necessary to make them stay?

Youth Fest, a festival in Skopje, highlighted the YOU in YOUTH and gave a stage to the stories and accomplishments of young people in Macedonia. It intended to give young people the feeling that their stories matter, their ideas are worth sharing and they can accomplish the change they are looking for.

Interview with Jovana Gerasimoska from the organiser: Youth Council of the US-Embassy in the Republic of North-Macedonia



The youth council online:

ycusmacedonia.org/

facebook.com/ycusmac/

instagram.com/ycusmac/

twitter.com/ycusmac

You have been preparing for ages, how do you feel that the day has finally come?

We have been working everyday for the last month and I want to quote my friend from the council: It feels like everyday is Monday, and today is also Monday, but then tomorrow is Monday. But we have worked hard managed to reach an amount of people unseen before by the Youth council. I feel we are accomplishing our goal which is to reach out to the young people and to accomplish what matters to us.

Speaking about the young people, what is the goal of this festival, what's happening here today?

The core of the festival is to show the stories of young people through the exhibition.

It is a white board showing the Silhouettes of group of young people and below there is a table with a

booklet with their stories and pictures. We chose to share these stories, because they matter. They are talking about things they changed or are planning to change in their lives and society.

And in our little Macedonian bubble of problems we feel it is important to share such stories to show that there are people who make a difference. The interactive part is for you to take a piece of paper and write or draw your own story. We want to share and highlight the stories of young people, that is the main goal of the YouthFest. Then there is a Bazaar of local people that do their own crafts and arts which they sell at the festival. We are also part of the initiative "On Bike", so everyone who arrives on bike will be given a little present to support the sustainability movement in our country. The American corner is doing a boardgame table for people to hang out and play. Then there are the bands. First, Minstrel's Gallery, a different type of indie-progressive, performance art, something quite unique in the music scene of this country. Then there is Circa. They actually live in Germany but started their journey here in Macedonia. Then we feature DJ Ux (Oubli) and DJ Dino who has his own show called HipHopMania. What is special about him, is that he is extremely invested in music and he's doing amazing things for the hiphop genre in this country. Later we have a debate and in the end, a fire show.

So the goal is that young people feel that their story is worth sharing?

Yes, we want everyone to share their story and we want people to know that there is a network of young people doing something in this country. I think that inspires all of us to strive for more and to do more.

**The debate will be about staying in Macedonia
Do many people ask themselves whether they should stay or they should go?**

Yes, the debate is called “Why stay here?” and we have four young people from different walks of life discussing about why it is worthwhile staying in this country. Why stay in a country that is perceived as broken in many aspects? We hope to inspire people to see things in a different light, to see that they can stay to make a change.

The goal is to inspire young people to stay and think about how to improve their own society?

Yes, but I would like to say that staying here should not mean that people should not go abroad to get education and broaden their horizon. The good thing about doing that is that by going abroad you have new experiences, learn new things and from that you take the best aspects and recreate them in your society. That brings new input into society here, more ideas, more diversity and ultimately helps moving society forwards.

Will this be the last edition of YouthFest?

No, definitely not. We will continue to share the stories and plan to have many smaller follow-up events to build on today's experience. We plan to grasp what we have done, seen and experienced today and plan to integrate it into future events of the YouthCouncil. And we strive to kickstart initiatives such as this for people to start changing this society into a society with less obstacles and more opportunities for young people, a society that will make young people want to stay.



Should I stay or should I go - YouthFest debates brain drain

20%
unemployment¹

44,7%
youth unemployment²

15 - 20%
Macedonians abroad³

Over 30% of people want to leave Macedonia⁴. Over 70% of professors and university staff would leave if they had the chance⁵. Those are the effects of brain drain, the phenomenon of educated people moving out of the country at high rates. And that is a big problem for a country because they spend a lot of money educating people which then don't don't pay taxes and don't contribute to the society and economy of that country. This was also a big topic of the YouthFest. In the afternoon they hosted a debate of young people, mostly students from different backgrounds on why people should stay in Macedonia. They discussed some of the reasons people may want to leave such as difficulties to find a good job, low wages and worse education opportunities than abroad. However the discussants also asked, if everybody goes, who will stay to move society forward? Who will make the changes necessary so the next generation won't have to leave. The general

tenor was that it may seem difficult to stay and much easier to go chasing for opportunities abroad, but that with determination and hard-work young people can make a difference and if they can't find their place in society they should create it. On the other hand the discussants also called for more pressure on societal leaders to create more opportunities for young people. Young people should not let the older generation out of their responsibility. They should demand change and progress, but, as one discussant said, shouldn't just blame the older generation for failing them and then just do nothing themselves. "Instead of blaming the older generation, strive to be the person that your younger self would look up to." That quote ties in quite nicely with the general mood and aim of the YouthFest. Most, but not all, visitors and participants that were asked about why they stay said that, after all they love their home and hope to contribute to making it a better place for the future.

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Spotlights and impressions

What is your impression of the festival?

The energetic feeling because I see so many young people around, many that I know but also many new people. It's really positive and

Why do you stay?

I stay because I want to have the experience of working in Macedonia and I feel that there is a lot of potential here that needs to be used and realised by young people.

We need to take a stand for ourselves and our potential because it is not always understood by the government and society. They often say that young people are lazy, passive and not interested. But I don't believe this and I believe that there is a big potential for change.

Vesna Ilievska

What is your impression of the festival?

It's a cool festival, I think there should be more of it

Why do you stay?

I personally really like my life here. Also, if there's anything that you dislike, why not stay and change it.

Ana-Marija Karadjovska

What is your impression of the festival?

My highlight is to represent the young people in society.

Why do you stay?

I feel this country belongs to me and I see a lot of potential here. Young people in other countries succeed as well, so I want them to succeed here as well.

Sara Djekova

What is your impression of the festival?

The music is cool.

Why do you stay?

I don't know, I don't have enough money to go. But if I could I would leave.

Stefan Vujisic

Mathis Gilsbach

Photographer: Aleksandar Cokrevski





Being a good human can often seem like an impossible challenge nowadays.

Climate change, biodiversity loss, poverty, war, crime etc. are such big things, what can one small human being do against them.

Quite a lot as it turns out.

On these pages we introduce a number of small initiatives that achieved big changes for the planet.

Plogging / #trashtag

The problem: Trash is lying around on the streets and in the fields and forests because some people are too self-centred to think beyond the tip of their own nose and leave their litter all over the place.

The solutions: Plogging is a new trend that first emerged in Sweden around 2016.

It's a combination of 'plucka' (Swedish for to pick up) and jogging. Usually people gather together for a community jog around the city or landscape, as they jog they pick up trash and dispose it properly thereby cleaning up

and creating a sense of responsibility for public places. Via the Internet the trend quickly became viral and spread across the globe.

Another trend that uses the human desire to boast and show off is the #trashtag challenge which started with some user posting a before and after picture of an area full of trash which afterwards he had cleaned. It was posted together with a call for people to post their own #trashtag pictures online.

Just recently at Voices own headquarters at the Volunteers Centre Skopje we had a cleaning action in our backyard and in the same week multiple other #trashtag challenges took part across Skopje.

Green offices

The problem: Making big institutions such as universities more sustainable.

The solution: The green office movement developed a model to implement a sustainability strategy at university level. Usually a green office is a part of the university structure, officially included and funded by the university. But it is completely run by students. Their role is to raise awareness about sustainability issues among students and staff, to work actively with the administration to implement changes and to raise concerns if the institution is acting unsustainably. The green office of the University of Leiden in the Netherlands for example successfully implemented recycling spots on



campus as well as free water taps. The Green office Maastricht successfully petitioned the university to install solar panels on their buildings and developed a whole sustainability strategy for them. Usually a Green Office is set up out of a student initiative asking the university to take that step. Thereby the students are supported by the team of rootAbility, the social business behind the idea of the Green Offices. The Green Office system started in the Netherlands and has by now expanded to universities in Germany, Sweden and even one in Costa Rica. Maybe soon in Macedonia as well?

<http://www.greenofficemovement.org>

Conscious Kitchen Den Haag

The problem: Every year millions of tonnes of food get thrown away because many countries produce and import more than necessary to ensure that everything is available all the time. For example, in France in 2018 more than 10 million tons of food were discarded¹.

The solution:

Imagine a place where everybody can come together to cook and eat and celebrate life and humanity. I experienced such a place in the conscious kitchen community in The Hague and Leiden, Netherlands. Founded by international and Dutch students the concept is simple. Save food and make a dinner. Every Wednesday a group of helpers gathers at the big market of the city shortly before closing time and makes a round collecting left over food that would

otherwise be thrown away. Mostly a variety of vegetables and fruits. The helpers are rewarded with their own share of left overs and then all the harvest is stored for the next evening. Thursday night a dinner is prepared with all the vegetables and usually some rice or couscous. The dinner is open to everyone and provides a space for meeting new people, creating a new community in the neighbourhood. Being partly founded by foreign students it also provided space for locals and newcomers to meet, eat and get to know each other. What could be a better start to a new friendship than a shared meal.

Recently the conscious kitchen has expanded its reach, establishing a branch in the neighbouring town of Leiden as well as serving two meals a week and doing event catering. It is a great example of turning (supposed) waste into value and of how small community driven initiatives can make a big impact.

¹<https://www.ecologique-solidaire.gouv.fr/gaspillage-alimentaire-o>

The Ocean clean up

The problem: Millions of tons of plastic waste in the oceans.

The solution: In 2013, Dutch boy Boyan Slat, then 18, was fed up with plastic in the oceans and decided to take action. He founded the Ocean Cleanup foundation and invented a system that uses the power of ocean currents to collect plastic from the oceans on a big scale. At least that's the plan as the technology is still in the prototyping phase. Plastic is carried by oceanic currents and accumulates in five

hot-spots, the biggest of which is the great pacific garbage patch. The idea is basically to set up collecting vessels, that follow the same currents and inevitably will end up in the same areas as the plastic, collecting it on the way. According to their computer models it should be feasible to clean up half of the great garbage patch in just five years. In the mean time the foundation has grown to more than 80 employees and is still hiring. Now, you don't have to found your own start-up right away to save the planet but it still is an inspiring story how one small human being can have a big impact in a short time.

<https://www.theoceancleanup.com/>

Mathis Gilsbach





Amazing Pakistan

What are your first thoughts, when you hear about Pakistan? Does it intrigue you, scare you, arouse uncertainty, arises questions, makes you go and search where is Pakistan on the map?

For me, Pakistan is an inspiration. I'm still exploring more and more about it and it's impossible to show you all the colors and tastes of this beautiful land in just one article. So, leave the myths and stereotypes, forget the informations given by western media and let me show you undiscovered face of Pakistan – the face of many rivers and valleys, high mountains, colorful clothes, rich folklore, amazing cuisine and welcoming people.



First, let me tell you about Pashtunwali, which is a code of honour among Pathans people – one of the main ethnic group of Pakistan. According to the code, tourist is a guest and guests should be treated well. Someone from outside of Pakistan attracts attention on the street, naturally, since the country is still developing in terms of tourism and doesn't have many visitors. It's still an undiscovered land, a mystery for the world. But people are the core of Pakistan. They are generous and curious and once you will be a tourist there, you will be treated as guest. They will offer you help, if you need, as well as a cup of tea and a small talk. Hospitality and generosity are one of the main features.

Pakistan is country of creative and hardworking people, who were taught to be resourceful. There is „jugaad” mentality present in everyday life of Pakistanians. „Jugaad” is about always finding a solution. Even with very few resources, you can find a way to solve a problem. Basically, impossible is nothing. People improvise a lot, even without resources and skills to do something, they will still make it in order to meet the needs. As my Pakistanian friend said „sometimes that means not being professional but still getting the job done”. Optimism is another feature we can discover in Pakistanian people.

For any problem, there is always solution and people never give up on trying to make up something, always hoping that in the end things will be just ok.

Diversity is another feature in Pakistan. There is a northwestern Pashtun part which has very ethnic pashtoon culture. The northernmost part which has affinity with central Asia. The entire eastern belt is similar to Indian adjoining parts and western belt which shows affinity to Afghan and Persian ethnicity. The southeastern Sindhi culture with its deep mystical roots, as many saints dwelled these lands and are still remembered after centuries being passed. What is worth to mention about province of Sindh is Makli Necropolis, which is one of the biggest graveyard in the entire world, also finding its place on UNESCO World Heritage Site list.



Nature in Pakistan is something the most unique in the world, with its variety of landscapes. First thing coming to my mind are the mountains, especially Himalayas and Karakoram. There are five of the highest mountain peaks in the world located in Pakistan – famous K2 is among them. Next to the mountains, there are valleys, lakes, rivers, deserts and I could write a book to describe the whole beauty of the Pakistanian nature. Here, I will just mention one of the marvels, which is Attabad Lake. The history of its creation is quite wrapped in tragedy.



It was created as a result of landslide which drowned the whole village and blocked the road access in the area, which was a natural disaster. What did Pakistanian do is bringing boats, transporting people and all the things with them. For now, lake is a tourist attraction, but it won't remain there forever as the water level is decreasing and one day drowned village and road will emerge above the water surface again.

Pakistan has difficult history. Mostly because of geographical position it's seen as dangerous country, very often mistakenly perceived as a terrorist country, which is an extreme opinion. Western media also doesn't help in creating the best impression of the country, as we can hear a lot about what is going on in neighbor countries of Pakistan, such as India, Iran or Afghanistan, which influences the general view of Pakistan. Not so many people know the fact, that Pakistanian lands were for many years under British domination. British heritage can be seen in Pakistan to this day and what can be the most surprising for people who don't know much about this country is that in fact Pakistanian people speak English. As I mentioned about diversity, it can be also heard in languages people use in there. Except English and national language, which is Urdu, there are several different languages like Punjabi, Pashto or Sindhi, that coexist.

You will probably ask about women and their rights in Pakistan. Yes, it's a muslim culture, some of the areas are more conservative and there is more patriarchal attitude toward women. But, it has to be said that women are in fact a backbone of this country. They have free speech and they are not afraid to speak out, they are strong and independent and many have high positions in corporations, they are entrepreneurs, they have their own companies and to say it in general – women work for themselves. Here I have to mention lady Benazir Bhutto as she was the first female elected prime minister of whole Muslim world! It's also a myth that all women need head cover. Dressing style is actually quite decent. It means mostly long and loose pants plus very common in there tunic. But colors and shiny ornaments make the clothes so interesting and artistic, that even being modest, can be still festive.

My short article about amazing Pakistan has to be finished with love storytelling, since the folklore is still present in songs and stories and everyday life. What I learned is that there are many rivers flowing through Pakistan. There is Ravi, which is the river of connoisseurs and Indus – the river of the faithful. Chenab is the river of lovers and here is where this beautiful and tragic story begins and ends. Once upon a time a young man Mahival fell in love with potter's daughter named Sohni. She loved him back, but a marriage with other



man was already arranged. Sohni and her husband inhabited a house on the other side of the river. But love was too strong and any river couldn't separate Sohni from her beloved Mahival. She swam secretly across the river every night to meet her lover and she used pots made by herself to stay safe from hostile river's depths. When Sohni's sister-in-law discovered this, she replaced a pot with the one that was still crude and unfinished. The other night Sohni took the pot to swim again and in the water it started to fall into pieces. She called her lover to help her and both of them drowned in the middle of the river trying to get to each other...

Ewelina Chańska

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THE MAGNIFICENT SPACE

We all know it's there but what is happening there?

FIRST PICTURE OF A BLACK HOLE

10.04.2019 was a historical day for scientists all over the world, and for humankind. In the heart of the Messier 87 galaxy, 55 million light-years away there is a super massive black hole with the mass of 6.5 billion suns. Scientists from all over the world produced the first picture of a black hole and it was created by the Event Horizon Telescope (EHT) project. The image was created with eight ground-based telescopes from different countries connected with the EHT that collected data to produce the image. Truthfully the image is not a photograph because the black hole itself is a completely dark

object, from where light cannot escape. Therefore the EHT was taking an image of its shadow that is visible against the surrounding radiation. Tuomas Savolainen from Aalto University in Finland describes this achievement as an historical event. "We see for the first time the maybe strangest and most monstrous phenomenon of modern physics – the area in space-time, which enormous gravity has bent around itself so that once light goes in there, even it can't escape back to our universe. We have seen a glimpse of the extreme corners of space" – avaruus.fi 10/2019

DARK SIDE OF THE MOON

It is colder than expected there, China's Chang'e-4 probe found out. It made the first landing on moon's dark side that never shows itself to us. Temperature dropped all the way to minus 190 degrees during the lunar night (Lunar night equals 14 days on Earth) and the Chinese scientists discovered this for the first time. Chang'e 4 probe landed on the other side of the Moon on January 3rd. The probe took the first picture from this side of the moon we have ever seen, and its mission is to research the surface of the moon and to carry out radio observations. There is also a three-kilo closed biosphere test that is studying how silk butterfly worms will survive on the moon and how plants will grow there.

OUR SUN WILL BE GIANT CRYSTAL BALL

says Linda Spilker from Nasa.

This has happened to many stars in space already. The oldest white dwarf stars are almost the same age as the Milky Way (13.51 billion years). It isn't something you should be worried about, since it will happen in about 10 million years. 5 million years before the sun will turn into a white dwarf it will become a red giant because the hydrogen will from the center of the sun will be burned up. Slowly it begins to expand and turn red, swallowing Mercury and Venus, and later on the Sun will blow its outer layers to a planetary mist. The nucleus in the center will be revealed and later it will become a white dwarf.

ANOTHER PLANET?

The planet that we are living on now is a habitable planet, and so far the Earth is the only of this type of planet in our solar system that we found. We have discovered exoplanets but so far none of them is suitable for human life. This kind of planet needs to contain ice and water areas, breathable air and suitable gravity for us. It needs a stable star for at least 2,7 billion years, otherwise the planets state would vary from cold to hot. Our planet Earth is in the perfect place in the solar system, providing us the life that we know. It has significant amounts of oxygen and water that are required for life. For example Venus is too close to the Sun, which makes it too warm, as for Mars the gravity is too low, and it's usually too cold for life. Earth's distance from the Sun is about 149,6 million kilometers and its estimated age is 4.5 billion years.

THE LENGTH OF SATURN'S DAY

It has been unclear for years, but finally scientists found out that one day on Saturn is 10h 33min and 38s long. It has been quite difficult to define, since Saturn is a gas planet and it doesn't have solid surface like Earth. Speed of rotation is often determined from surface shapes, but in this case they used another method that studies the radio radiation generated by the planet's magnetic field. This was done already in 1981 and 2004, when the results varied from 10h 36min to 10h 48min. Now, anyhow, the accurate calculation was done with the help of Saturn's rings. "The researchers used the waves of the rings to look at Saturn's inner parts, and the planet's long-awaited fundamental attribute was found out. And this is a very reliable result,"

Selina Niemi

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YANGTZE GIANT SOFTSHELL TURTLE

Few weeks ago news about death of last known female of Yangtze giant softshell turtle went all over the globe. This is one of the most rare species of turtles in the world. There are no informations about the exact number of population, yet this female was one of the four known turtles still remaining alive. Yangtze turtle was considered critically endangered by extinction by the International Union for Conservation of Nature.

ANIMALS THREATENED

GIANT PANDA

Everyone knows that panda's delicacy is bamboo. Meanwhile, experts have proved that digestive system of pandas are constructed as for the carnivorous species and can hardly digest cellulose. As a result, pandas spend a lot of time on eating and digesting, so procreation is something they do unwillingly.



PANGOLIN

There are many different species of pangolins in the world and all of them are listed as endangered. They are hunted for their meat, but also for their scales, as these are used in traditional Chinese medicine. There is even World Pangolin Day celebrated every third Saturday of February to raise the awareness about this animal and its struggle.

BIG APES

Many species of our close relatives are endangered. Chimpanzees despite of being threatened by humans are also victims of Ebola and other diseases. Some of the species of Orangutan genus, like Bornean and Sumatran orangutans have seen the population drastically decreased over last 50 years. The biggest among apes seem to be the most vulnerable – talking about gorillas. According to WWF, gorillas are one of the most endangered species from animal kingdom in the whole world.



WITH EXTINCTON



TIGER

According to WWF, in the last 100 years population of tigers has dropped by 96% and there are less than 4000 individuals living in the wild, speaking globally. Majestic wild cats are victims of hunting, also their habitats are being destroyed. Most of species are endangered, like Amur, Bengal, Malayan, Indochinese, Sumatran Tiger.

ELEPHANTS

The elephant is the largest mammal still living on Earth. In Africa, their population is estimated at 415,000 individuals and 500,000 in Asia. They are victims of the destruction of their habitats, but also of poaching, because their ivory tusks are valuable. Asian species are also domesticated and exploited for tourism purposes.



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WHEN GREEN HOPE RIPENS



Community, wisdom and hope -
The botanical garden in Juiz de Fora, Brazil

Green meadows and pathways of earth. Steps, insects and birds providing the music. Families, friends and children trotting along, observing, or picnicking, in a vast area of great peace and quiet, and ecological richness. Traditional knowledge dropped in small doses, subtly spread across the lovely place - that almost had a different destiny. For free, for all, in the outskirts of a wildly urban middle sized Brazilian city, Juiz de Fora.

Sounds just like a dream, doesn't it? In a way, it is a collective dream come true.

That's a brief description of the place I want to write to you about - The Botanical Garden of UFJF, the Federal University of Juiz de Fora, in Brazil. Still a very new addition to our town, having been open to the public on the 12th of April, it is a wonderful space for relaxation, connection with nature and ecological education. And its story is an inspiring example of the power of social mobilisation to protect our most precious and threatened common heritage, the environment.

Before getting down to it, just a few quick facts about our Garden. Amounting to a total of 373 hectares of Atlantic Forest, with at least 500 hundred plant species already identified - among which, some endangered of extinction, such as the *Paubrasilia echinata*, the redwood that gave the country its name -, it is open throughout the week with the exception of Mondays. It has very friendly monitors, students of the Uni, ready to answer questions, give information and suggestions of trails. As well as research and survey work, it promotes environmental education, having three art galleries in its facilities, receiving school visits and offering visitors five thematic, enriching ways of exploring the garden, through well distributed panels with lightly written texts: "The large vegetable groups", "Ecological processes and relationships", "Socio-environmentalism", "Brazilian myths, heroines and



by Maria Otávia Rezende /UFJF

by



by Gabriela Maciel /UFJF

heroes" and my personal favourite "Vegetable and ethnobotanical diversity", presenting the knowledge of indigenous, peasant and traditional communities about the use of some species.

Now, its story. What is now our Botanical Garden stands in an area locally known as the Krampeck Wood, since it belonged in the past to the Krampecks, a family of substantial means and German origins. This area was acquired in parts, consisting of three different properties which together comprise the wood and that were in 1992 declared area of environmental protection by a state law. The Garden itself corresponds to only one of the properties, the previous "Sítio Malícia", bought in 2003 by a group of businessmen who had the aim of making it a luxurious apartment complex.

Had it not been for people's protest, it would have become one. However, the local community would not have it. Inhabitants of the surroundings, NGOs, public organizations and those of civil society demonstrated against the project - because it would destroy much biodiversity and completely close the access of it to locals, turned into private property for the inhabitation and leisure of only a very few privileged ones. The intention of the petitioners was for a park, reserve, botanical garden or similar to take its place, instead. As the protests gained strength and resonance, the University entered into the debate, embraced the fight and bought the area in 2010, with a view to turn such plans into reality.

As I walked through the garden with my family, on the somewhat gray Sunday morning after its opening, my peaceful mind played with two main thoughts. First, how proud I am to be part of such an institution, committed to the preservation, non-commercialisation and democratisation of our environment, promoting and raising awareness of its importance. By realising this initiative, which involves a great investment, the University fulfills its social role, not only of teaching and research - activities carried out within the Garden as well, as aforementioned -, but also as a channel of dialogue between different sectors of society, as a provider of spaces of encounters and as a body taking the lead in the appreciation of our cultural and natural heritage and in sustainable action.

Second, how astonishing, beautiful and tangible is the force of people united around a common goal! We are able to change the course of events, stopping projects of destruction and making constructive alternatives come about. All we must do is not sit around complaining without doing



by Géssica Leine /UFJF



by Maria Otávia Rezende /UFJF

anything, and instead get out there, join forces and make our claims heard and seen.

No, I'm not saying we can stop climate change by ourselves. A huge deal of responsibility - and power - is in public authorities' hands. They must act too, alongside other actors, such as companies. But, as our Botanical Garden shows, together we are powerful and can make truly important things happen. Be it gathering local people, demonstrating and voicing ideas to the institutions, or stepping up to induce action, to provoke change.

Green is the colour of hope. May it also be the tone of our attitude to our home, the Earth, daring to dream and to act, keeping in mind the lesson nature itself always gives us and that the old motto so well phrases: unity makes strength.

Vitória dos Santos Acerbi

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ЗДРАВЈЕ ОД КОРЕНИТЕ

Вештерка, овој збор не звучи пријатно. Тој нè потсетува на грда стара жена, со крив нос имрсна црна долга коса, што гори на клада. Сега ајде да ја напуштиме нашата имагинација и да се вратиме во реалноста. “Вештерка” била често дефинирана како жена која се занимавала со хербални лекови (фитотерапија) - третман на болести со природни растителни материјали или хербални подготовки спремени од нив (дефиниција од Речникот на Полскиот јазик).

И покрај фактот дека билките се користеле уште во времето на примитивните луѓе и знаењето за нивните лековити и отровни својства се пренесувале од генерации на генерации, многумина сè уште мислат дека тоа е “црна магија”. Често лековите кои се користат во фармакологијата се базираат на билки. Модерните научници отворено зборуваат за ефективноста на билките и поттикнуваат поддршка на организмот со природни состојки. Најдобри резултати може да се добијат со редовни третмани. Сепак, не заборавате да се консултирате со специјалист и доктор, бидејќи неправилно избраните билки можат да предизвикаат голема штета. Со правилен избор и регуларност, тие можат да прават “чуда”! Лично, знам човек, кој се подготвуваше за операција за бубрежни камења, му реков, “Еј, имам добра мешавина од билки за тоа, пиј ја толку често како животот да ти зависи од неа”. По околу една недела, ми се јави од болница ими рече дека операцијата била откажана бидејќи камењата исчезнале. Искрено, бев изненадена бидејќи само што ја започнав мојата авантура со алтернативна медицина; оваа ситуација ме мотивираше подлабоко да ја проучам темата.

Билките се користат соодветно во секоја област на медицината, од воспаленија на кожата, мигрена, па дури и во третманот на депресија. Тоа е болест од која страдаат сè повеќе луѓе; нејзиниот третман треба да се

избере поединечно за пациентот. Ако болеста не е толку развиена да треба да користите фармаколошки третман, покрај психотерапијата, правилна исхрана и здравиот начин на живот, можете да користите и природни лекови. Тие се поделени според симптомите на депресија и се разликуваат според специфичностите кои го подобруваат расположението; ја смируваат и намалуваат анксиозноста; и оние за несоница. Тие се достапни во слободна форма, чај и таблети. Некои од нив дејствуваат со други супстанции, па уште еднаш треба да се нагласи колку е важно да се консултирате со лекар. Природната медицина не е само билки; да се сетиме на општите принципи на здрава исхрана. Многу зеленчук и овошје, малку шеќер и производи кои не содржат конзерванси. Денес органските производи стануваат сè попопуларни и достапни по пристапни цени. Кога купувате во продавница, обрнете внимание на етикетата на производот. Не изгледа премногу пријателски? Веројатно во близина е поздрава замена. Сè што треба направите е да одвоите време да се запознаете со основите, и по некое време тоа ќе стане навика. Запомнете, вие сте она што го јадете, па затоа од вас зависи што ќе бидете!

Дорота Лусак

Преведувачка: Елена Најдова

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HEALTH FROM THE ROOTS

Witch. This word does not sound familiar. It brings to mind an ugly old woman with a sinuous nose, greasy black long hair burning at the stake. Now let's abandon our imagination and go back to reality. "Witch" was usually defined as women who dealt with herbal medicine (phytotherapy) - treatment of diseases by means of natural plant materials or herbal preparations prepared from them (Dictionary of the Polish language definition).

Despite the fact that herbs were still used in the times of primitive people, and the knowledge of their healing and poisonous properties was passed down from generation to generation, many people still think that it is "black magic". Often the drugs used in pharmacology are based on herbs. Modern scientists openly talk about the effectiveness of herbs and encourage supporting organism with natural ingredients. The best results can be obtained with regular treatments. However, you must remember to consult a specialist and a doctor, because improperly selected herbs can cause great damage. With the right selection and regularity, they can do "miracles"! Personally, I know a man, who was preparing for surgery for kidney stones, I told him, "Hey, I have a good mix of herbs for it, drink as often as if your life depended on it". After about a week, he called me from the hospital and told me, that the operation was canceled because the stones disappeared. Honestly, I was surprised because I was just beginning my adventure with alternative medicine; this situation motivated me to go deeper into the subject.

Herbs are used properly in every area of medicine, from skin inflammations, through migraines, and even in the treatment of depression. The latter is a disease that more and more people suffer from; its treatment should be selected individually for the patient. If it is not so advanced that you need to use pharmacological

treatment, in addition to psychotherapy, proper diet and a healthy lifestyle, you can reach for natural remedies. They are divided according to the symptoms of depression and are distinguished by the specificities that improve the mood; calming and reducing anxiety; and those for insomnia. They are available in loose form, tea and tablets. Some of them interact with other substances, so once again it is worth to stress how important it is to consult a doctor. Natural medicine is not only herbs; let's remember the general principles of healthy eating. A lot of vegetables and fruits, little sugar and products are containing preservatives. Nowadays organic products are becoming more and more popular and available at affordable prices. When shopping in the store, pay attention to the product label. Does not look too friendly? Probably nearby is a healthier replacement. All you need to do is take the time to familiarize yourself with the basics, and after a while everything will get into your habit. Remember, you are what you eat, so it's up to you who you stay!

Dorota Łyczak

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Интервју со поетската група „Заеднички шепотења“

Можеби најактивна група на поети кои организираат поетски читања во државава е групата „Заеднички шепотења“. Нивните активности докажуваат дека со упорност вистинскиот квалитет може да исплива на виделина.

Не се ограничени на учесници од нашата држава и со возраст, но очигледно е дека бројот на млади учесници им расте. Долгогодишните известија од различните тела на ЕУ укажуваат на една сомнителна книгоиздателска политика каде квалитетот и автентичноста се неважни. Ова е карактеристично за целиот регион, но особено за Северна Македонија. Овие оптимистични поети кои на свој трошок, во овие скудни времиња, патуваат на читањата кои се одржуваат на различни места низ државава, наговестуваат подобри времиња во културата. Ги запознав преку ФБ и неодамна учествував на нивното читање во Скопје, со моја поезија.

Живееме во високо технолошко општество. Каде ја гледате рољата на поезијата во него?

Поезијата има важна улога во општеството исто како и поетите. Поезијата користи силни ментални слики претставени преку зборови кои носат голема вистина. Во денешно време таа е сè повеќе застапена на социјалните мрежи и на повеќето портали. Мислам дека сè повеќе ќе ја има како електронски изданија, како дел од настани и сл. Сè на сè поезијата веќе станува глобална. Поезијата ги предизвикува луѓето да чувствуваат.

Зошто поезијата се враќа во разонодата?

Не би можеле да ја наречеме поезијата разонода. Според мене поезијата е потреба. Таа постои за да ја облече вистината во нова облека. Покрај тоа и да ја украси со добрина и љубов. Така да од она читање за разонода таа успева да предизвика повисоки и поблагородни емоции. Преку сликата која ја создава кај читателот.

Како чувствителноста на човекот реагира на поезијата- кога е несреќен и кога е среќен?

Човекот е среќен или несреќен. Веројатно средината каде што ништо не се чувствува или малку се чувствува малкумина ја познаваат. Сепак таа знае да разбуди радости среќа кај несреќните. Да го отвори изворот на надежта кај безнадежните. Ниту еден човек не е остров сам за себе, секој човек е дел од континент. Така да поезијата тука ги допира луѓето како една целина.

Ова е не мала група на поети кои се многу автентични. Но не е тајна дека некои од најреномираните домашни имиња се плагијатори- што за жал важи и за сите други уметности... Зошто е кај нас уметноста толку неправедна или е тоа нормална работа? Кралицата Елизабета од Велика Британија на времето рекла дека писателите се најголемите крадци... Секој еден поет го пишува она што го има во себе. Пишува затоа што има премногу љубов па мора да ја истури, или премногу болка што не може да ја издржи. Можеби се погодило да се слични емоциите ако гледаме од

добрата страна. Во секој случај има такви кои се плагијатори. Но тие не се поети, веројатно и самите не знаат што сакаат. Секако таквиот однос кон поезијата и кон другите автори е нечесен.

Што прво настанало- филозофијата или литературата, односно поезијата или прозата?

Поезијата и прозата се две страни од една паричка. И двете содржат идеи и можат да бидат прекрасно напишани. Но сепак прозата е комуникација додека поезијата е уметност. Така да која од нив е прва е релативно. Веројатно постојат за да се надополнуваат. Прозата да ја објаснува поезијата, а поезијата да ја разубавува прозата.

Како ја рангирате поезијата со сите други уметности?

Некои луѓе велат дека поезијата е повеќе описна од другите уметности. Додека други велат сликањето е повеќе описно од поезијата. Мислиме дека сето тоа е погрешно. Онаа уметност која највеќе му се допаѓа на еден човек за него е најдобра. Важно е што поезијата како и сите други уметности буди емоции. И успева да пренесе порака.

Интервју од Игор Поп Трајков



AS WITHIN — SO WITHOUT

Humans are built to view reality through a prism which is something we call the ego. The ego calls itself “I”; it has a name, a face, a history, memories and a personality. Oftentimes, we as humans forget that our ego is merely a lens through which we see the world.

When talking about the Universe and its nature or Mother Earth, it is important to note that what happens outside of us is a reflection of what happens inside of us. Humans, in a way, serve as a projection of the Universe. The human psyche and its patterns have patterns that are analogous to patterns that occur on a societal level, global level, the whole natural cycle and even the cosmic level. We are built from the same materials, we behave in similar patterns. Yet humans, due to their very nature, look to their ego to give them insight on big questions about life and the Universe – all having different perspectives and adhering to different polarities in regards to various issues concerning our life. The answers the person does get will be a direct reflection of what is happening within them, so I will further proceed to elaborate the principle of “As above, so below; as within, so without”.

Focusing towards the outer world through the inner world of man is a phenomenon common to all people – the interpretation of stimuli coming from the outside world, its processing and integration into the system of the inner world. This process, as we know it, is the foundation of the psyche and is in itself, a way of life. In the ocean of information available to us in this era of living, the minds of people are being constantly rippled and in sync with the waves of the ocean, day after day; allowing the flow of water to take their mind to various places; getting sucked into circles of whirling waters of blockages and counter-currents; finding themselves chained to the depths of the waters by the anchor of their own burden, putting themselves into the situation of self-created and self-perceived difficulties which limits their ability to swim up to the top where the perspective and perception of true beauty is present; where the sun shines upon the flickering waters of the surface; where the ocean, instead of becoming the embodiment of fears and difficulties, transforms into peace and the pure reflection of the heavenly blue sky.

With this realization, the individual is put face to face with what can seemingly appear as one of the



greatest challenges that they have faced up until this point, and that is looking at the other side of things, the other aspect, the other polarity. Our life is not an exclusive creation of the happenings and events outside of us – on the contrary, our life is the creation of what is inside of us, what resides deep within our core, and throughout our lifetime we essentially project our internal life, externalizing what is burning in our spirit. The claim that I am making is not meant to be some mystical allegory – on the contrary, this principle is rooted within all of us, the only thing that is lacking in this situation is our awareness of it. This mechanism is often out of the bounds of our cognitive prism – and the rejection of it is a direct implication of the concept itself. The nature of objective reality can seem relatively confusing looking at it from this perspective, because we, as beings are directly shaped by perception and perspective and it is practically impossible to observe reality without the filter of the ego. The subjectivity of perspective is a key to the human, and within the ocean I discussed previously, the subjectivity of perspective determines the point through which the reality is looked upon. What is interesting is that the very word “perspective” itself has the semantic meaning of “looking through”, meaning that every time we look at something, we look through something. By this, we are referring to the internal processing and interpretation of the stimuli from both the external and internal world. Ultimativity for man is unnatural due to the very nature of reality which consists of the principle of polarity, meaning that every side that exists has an opposite side, every coin has two sides. Occurrences often tend to have not just two, but many perspectives and from all of those perspectives, we have the ability to choose which perspective we want to see and identify with. The prism through which we understand the reality consists of already established patterns of thought and

emotion, often combined with cognitive egocentrism that continually restricts and automates the direction in which the mind swims. Once a human is aware of this, he has the authority to change the direction, and that is the moment when the human decides whether they will be bound by the anchor in the dark depths of the ocean, or it will rise up to the surface and fall into the embrace of the waters, the sky, the Sun and Moon.

The already established mental models are naturally a subject of change with the flow of time as an unconscious and spontaneous process – but the conscious and deliberate initiation and the potential passage through this process for the purpose of personal progress is something which often leads to confrontation with difficulties, fear of oneself and that unknown perspective and from this often rises withdrawal, lethargy and passivity; despite this, the opposite result can be achieved – thriving, taking action, activity, confronting and bettering ourselves; the bounding of the anchor to many has become a habit, a way of life, a comfort zone from which they are afraid to come out, a caretaker, a mother, protection and salvation; and despite this, the opposite result can come about, the bounding can become a darkness which the person seeks to transform and integrate, a shadow part of us which is not let to loosely control us, but rather a conscious effort is made to take things into our own hands and rise like a phoenix from the ashes. It is crucial to remember that what we see outside of us is not meant to determine our internal life, but rather what we see outside of us is largely determined by our internal life – and if we are not pleased with what we view in the outside world, the internalization of change is the first and crucial step towards self-realization and constructive externalization.

Ilina Dimovska



Giants

Driven by the desire to promote theatre, it was in 1979 that Jean-Luc COURCOULT created a street theatre company called Royal Deluxe in Aix en Provence. His idea was to go into direct contact with the spectators without them having to lock themselves in a theatre. Then came the idea of telling a story to an entire city... The ingredients: gigantic and free!



In 1989, the company moved to Nantes. In 1994, they gave the first performance of their flagship work "Giants' saga", whose main protagonists are huge articulated puppets.

Reducing each human being to the size of a lilliputian, magic then takes on a whole new dimension to make young and old dream. Giants come to life in machines and engineering is put to the service of imagination. Each of their movements, even the most banal one, arouses admiration and fascination, so much so that almost all the logistics involved are overlooked. Indeed, an army of lilliputians, which at the same time are: actors, mechanics, puppeteers, the mechanics then become hairdressers, assistant nurses, doctors ... The team comes together in a coordinated choreography that gives life to these giants of wood and steel. All this animation ultimately contributes to making them more human because it shows their vulnerability and all their dependence on their human helpers. As the shows went on, the inhabitants of Nantes became attached to these giants, each of which has its own specific characteristics. The little giant is able to lick a lollipop while the grandmother was equipped with speech. Beyond the photos, I invite you to watch videos in order to better understand the complexity of these extraordinary protagonists.

The company only communicates its performance dates, which have become essential events. But it does not reveal any more, gradually delivering bits of information such as clues, leads that are relayed by the media and the local press. Of course, the company is

Saga

also supported by the municipality, in confidence, as to the itineraries of the parades in order to ensure a minimum of security. It is also supported by a multitude of volunteers who are willing to give their time in the service of history. But the culture of secrecy remains rigorous, leaving room for the imaginary and the unexpected.

Thus, everyone remains in the waiting, the suspense. Time stands still for an entire city and all its inhabitants who are on the move, on the lookout for the slightest sign of the event. Dismantled tram lines? Could this be a sign that they'll be passing through here? The performances takes on the appearance of a game where word of mouth brings spectators together, each ready to share their discoveries in the hope of being entrusted with new ones so as not to lose any crumbs. Together, they reconstruct the story told to them. Because, this title "The Wise Man of the Giants" actually includes multiple stories that intertwine and each performance constitutes a part of this universe. The company brings together and even sometimes solicits the participation of the inhabitants. In 2009 the great Giant returned to Nantes to deliver the missing mail of the Titanic. On this occasion, real letters were imagined and written by local students and retirement home residents, thus contributing to the creative madness.

The director, Jean-Luc Courcoult, likes to compare his performances to gifts that are unpacked before gradually discovering their true nature. Like Jules Verne's novels, which were first published in serials in newspapers. Every day, readers discovered a new episode of the fiction novels of this 19th century writer, which are still a source of inspiration today.

The story is written over the years and as they respond to invitations from around the world. Indeed, it strives to adapt the evolution of its history and characters by embedding them in the local culture of the host countries.

A page was finally turned last October in Liverpool! The saga has ended but the dream remains. And isn't it the very essence of theatre to be the art of the ephemeral?

Astrid Chappot



Chernobyl: An Animal Kingdom



April 26, 1986. The workers of the power plant in Chernobyl, Ukraine were starting a test to see what happens during a black-out, when something went terribly wrong. A nuclear explosion instantly kills 2 workers, heralding a difficult time to come for the people of the city.





The fire that was set free burned for 10 days, fuming a cloud of radioactive smoke that would affect dozens of people. One of the most important things to consider after the explosion was the extent of the contamination zone. Entire towns were immediately evacuated, as people were still dying from radiation sickness. Eventually, the evacuated zone consisted of 4,000 square kilometres, which basically comprehends to more than twice the size of London.

Nobody was granted to return to live. The area remained a no man's land for over 30 years, up until this very day. The zone was claimed to be inhabitable for the next 20,000 years. The towns are made up of seemingly empty buildings and abandoned squares. Images show ghost towns, evacuated in the previous century and by most long forgotten since. However, recent research shows that the villages aren't abandoned at all. There is life in the region, and moreover, it's thriving. Numerous species of animals have found a new home, being able to grow and prosper without having to fear the greatest threat of all: mankind. Despite continuing high radiation levels, animals varying from moose to deer or owls find shelter in the empty streets. The refuge has even attracted more exotic animals such as lynxes, wolves and bears.

Within a decade of the nuclear disaster, plants began to grow again. Without the interference of humans, the forest was able to recover. Former grey streets are now covered in green, with a never-

ending treeline. Slowly, with the return of the forest, animals began to explore the forsaken surroundings. At first, they were merely small one-time visitors, such as a lizard or rabbit. Now, however, the number of animals living in the deserted zone is bigger than before the nuclear disaster. The return of nomadic predators such as wolves shows that the wildlife in the region, including suitable prey, is thriving. Thriving so much, in fact, that the number of wolves in Chernobyl is nine times higher than anywhere else in Ukraine.

But what about the radiation? Although officials from the Ukrainian government have declared the land inhabitable for humans, plants seem not to have noticed the high levels of radioactivity in the air. According to scientists, this is because plants have evolved the natural ability to adapt to such contamination, likely to have developed millions of years ago. Radioactivity has always been present on Earth, and it is now suspected that these plants are resistant to it. As such, without the interference of human beings, these abandoned ghost towns have turned into a sanctuary for plant and animal.

Rachelle C. WildeboerSchut
Photographer Francis Farell

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KUR SHPRESA JESHILE PIQET



KOPSHTI BOTANIK I UNIVERSIDADE FEDERAL JUIZ DE FORA

Livadhe të gjelbra dhe shtigje të tokës. Hapat, insektet dhe zogjtë që krijojnë muzikën. Familjet, miqtë dhe fëmijët që ecin së bashku, vëzhgojnë, dhe bëjnë piknike, në një zonë të madhe paqeje të qetë, dhe pasuri ekologjike. Njohuritë tradicionale ranë në doza të vogla, u përhapën lehtë nëpër vendin e bukur - që pothuajse do të kishte një fat të tmerrshëm. Ttë lira, për të gjithë, në periferi të një qyteti të mesëm brazilian, Juiz de Fora.

Tingëllon si një ëndërr, apo jo? Në një farë mënyre, është një ëndërr kolektive e vërtetë.

Ky është një përshkrim i shkurtër i vendit për të cilin unë dua t'ju shkruaj - Kopshti Botanik i UFJF, Universiteti Federal i Juiz de Fora, në Brazil. Ende një shtim shumë i ri në qytetin tonë, duke qenë i hapur për publikun më 12 prill, është një hapësirë e mrekullueshme për relaksim, lidhje me natyrën dhe edukimin ekologjik. Historia e saj është një shembull frymëzues i fuqisë së mobilizimit social për të mbrojtur trashëgiminë tonë më të çmuar dhe më të kërcënuar, mjedisin. Para se të hymë thellë në të, vetëm disa fakte të shpejta për Kopshtin tonë. Me një total prej 921,703 akra Pyjore Atlantike, me të paktën 500 lloje të bimëve tashmë të identifikuar - ndër të cilat, disa të rrezikuara nga zhdukja, të tilla si Paubrasilia echinata, druri i kuq që i dha edhe vetë emrin vendit, - është i hapur për të gjithë javën me përjashtim të hënave. Ai ka vëzhgues shumë miqësorë, studentët të Universitetit, të gatshëm për t'iu përgjigjur pyetjeve, të japin informacion dhe sugjerime për shtigje. Përveç punës kërkimore dhe studimore, ajo promovon edukimin mjedisor, ka tre galeri të artit në mjediset e saj, pranon vizita shkollore dhe u ofron vizitorëve pesë mënyra tematike, pasuruese për eksplorimin e kopshtit, përmes paneleve të shpërndara mirë me tekste të shkruara me lehtësi: "grupet e mëdha të primeve", "Proceset dhe marrëdhëniet ekologjike", "Socio-ambientalizmi



Maria Otávia Rezende /UFJF

by



Gabriela Maciel /UFJF

“,” Mitet braziliene, heroinat dhe heronjtë “dhe e preferuara im personale” Diversiteti I perimeve dhe etnobotanik “, duke paraqitur njohuritë e komuniteteve indigjene, fshatare dhe tradicionale rreth përdorimit të disa specieve. Tani, historia e saj. Ajo që tani është Kopshti Botanik qëndron në një zonë të njohur lokalisht si Druri Krampeck, pasi ajo në të kaluarën i përkiste Krampecksëve, një familje me origjinë gjermane. Kjo zonë u ble në pjesë, të përbërë nga tri prona të ndryshme të cilat së bashku përbëjnë pyllin dhe që në vitin 1992 u deklaruan për mbrojtjen e mjedisit nga një ligj i shtetit. Kopshti në vetvete korrespondon vetëm me një nga pronat e mëparshme, “Sítio Malícia”, e blerë në vitin 2003 nga një grup biznesmenësh që synonin ta bënin atë një kompleks luksoz apartamentesh. Sikur të mos kishin qënë protestat e njerëzve pylli do të ishte kthyer në kompleks apartmanesh. Megjithatë, bashkësia lokale nuk do ta kishte lënë atë. Banorët e rrethinave, organizatat jo qeveritare, organizatat publike dhe ato të shoqërisë civile demonstuan kundër projektit - sepse do të shkatërronte shumë biodiversitet dhe do ta mbyllte plotësisht qasjen e saj tek vendasit, duke e shndërruar në pronë private. Qëllimi i kërkuesve ishte për një park, rezervë, kopsht botanik apo të ngjashme për të marrë vendin e jo ndërtesa luksoze. Ndërsa protestat morën forcë dhe rezonancë, Universiteti hyri në debat, përqafoi luftën dhe bleu zonën në vitin 2010, me synimin për t'i kthyer këto plane në realitet. Ndërsa unë eci nëpër kopsht me familjen time, në mëngjesin disi të hirtë të së dielës pas hapjes së saj, mendja ime paqësore luajti me dy mendime kryesore. Së pari, sa krenar që jam pjesë e një institucioni të tillë, të angazhuar në ruajtjen, jo komercializimin dhe demokratizimin e mjedisit tonë, duke promovuar dhe rritur ndërgjegjësimin për rëndësinë e saj. Duke realizuar këtë nismë, e cila përfshin një investim të madh, Universiteti përmbush rolin e tij social jo vetëm të mësimdhënies dhe të kërkimit - aktiviteteve të kryera edhe brenda Kopshtit, siç është përmendur më lart, por edhe si një kanal i dialogut midis sektorëve të ndryshëm të shoqërisë , si një ofrues i hapësirave të takimeve dhe si një organ që merr drejtimin në vlerësimin e trashëgimisë sonë kulturore dhe natyrore dhe në veprim të qëndrueshëm. Së dyti, sa e habitshme, e bukur dhe e prekshme është forca e njerëzve të bashkuar rreth një qëllimi të përbashkët! Ne jemi në gjendje të ndryshojmë rrjedhën e ngjarjeve, të ndalojmë projektet e shkatërrimit dhe të bëjmë alternativa konstruktive. Ne nuk duhet të rrimë ulur dhe



Géssica Leine /UFJF



Maria Otávia Rezende /UFJF

të ankohemi pa bërë asgjë, në vend të kësaj të shkojmë atje, bashkojmë forcat dhe t'i bëjmë kërkesat tona të dëgjohen dhe të shihen. Jo, nuk po them që ne mund ta ndalojmë ndryshimin e klimës vetë. Një marrëveshje e madhe e përgjegjësisë - dhe fuqisë - është në duart e autoriteteve publike. Ata duhet të veprojnë gjithashtu, së bashku me aktorë të tjerë, si kompanitë. Por, siç tregojnë Kopshti Botanik, të bashkuar jemi më të fuqishëm dhe mund të bëjmë gjëra me të vërtetë të rëndësishme. Qoftë mbledhja e njerëzve lokalë, duke demonstruar dhe duke shprehur ide për institucionet, ose duke u rritur për të nxitur veprim, për të provokuar ndryshime. E gjelbër është ngjyra e shpresës. Le të jetë edhe toni i qëndrimit tonë ndaj shtëpisë sonë, Tokës, e guximshme për të ëndërruar dhe për të vepruar, duke mbajtur parasysh mësimin që natyra gjithmonë na jep dhe se motoja e vjetër ka aq mirë fraza: bashkimi është fuqi.

Vitória dos Santos Acerbi
Përkthyes: Jeton Vinca

МОРАМЕ ДА ПОБРЗАМЕ ЗА ДА ЈА СПАСИМЕ ПЛАНЕТАТА ЗЕМЈА

Оганот во црквата Нотр Дам растажи голем број на луѓе околу светот. Дел од оваа историска и културолошка катедрала изгоре на 15.4.2019, само за два дена. Луѓе од целиот свет донираа околу 900 милиони евра за поправки. Ова ги натера повеќето да се запрашаат: „Колку брзо всушност можат милионерите да ги решат проблемите на планетата Земја доколку се заинтересирани?“

Состојбата на земјата е зафатена од климатски промени, популацијата расте до критични бројки, наскоро се очекува да стигне до 10 билиони, се побрзо и побрзо исчезнуваат голем број на животински видови, се намалува квалитетот на почвата, има загаденост на воздухот и водата, ѓубрето од пластика, токсичните супстанции и други хормон-променувачки хемикалии пливаат во нашата вода. Овие информации се базирани на извештајот од ЈК (2019), со гледиште кон животната средина и природата. Има различни движења кои се појавуваат со цел превенција на климатските промени (провери ја страната 19), но нивните акции не се доволни и луѓето од целиот свет почнуваат се повеќе да се информираат и ангажираат за состојбата на планетата. проблемот не е тоа што луѓето собрале многу пари за реставрација на Нотр Дам; проблемот е фактот дека нема волку големо движење за помош на планетата Земја.

Извештајот од ЈК ги групира најлошите проблеми; глобално затоплување, недостаток на животински видови, загадување на водата и воздухот, бактерии резистентни на антибиотици, деградација на почвата и уништување на шумите. Човекот ја има променето Земјата и од неа има направено нездрава средина за живот, притоа брзиот раст на популацијата може да доведе до огромни проблеми. Меѓутоа има надеж; според научниците ние имаме знаење, технологија и пари за трансформација на нашето општество со цел заштита на планетата Земја. Единственото нешто што фали е поддршката од политичките лидери, компаниите и од индивидуалците во светот. Научниците ги охрабруваат политичарите да гледаат во комплетни системи како што е енергија и продукција на храна, како и менаџмент на отпадот. На пример, третина од храната која што се произведува завршува како отпад. Океаните се полни со отпад, поголемиот дел од пластичното ѓубре доаѓа од



реките во Африка и Азија. Поларните мечки исчезнуваат затоа што се топи мразот во нивните живеалишта и пронаоѓањето на храна станува се потешко. Бројот на пчели и бумбари се повеќе се намалува, и со тоа се намалува бројот на цветови на кои што влијаат пчелите. Сообраќајната индустрија користи четвртина од светската продукција на енергија и пола од светската продукција на нафта. Кога се креираат продукти за популацијата, потребна е многу енергија и материјали како метали и хемикалии. Најголемото загадување на воздухот и водата доаѓа од таму.

Притоа, еден човек, како индивидуалец, може да го постави прашањето „Зошто јас да се трудам, кога никој не се труди? Како моите акции ќе имаат значење, кога најголемите земји во светот како Обединетите Американски држави и Кина ја загадуваат земјата, Индонезија фрла отпад во океаните, и милиони луѓе од светот не прават ништо?“. Ова е пола вистина. Кина е најголемиот креатор на емисија на гасови на стаклена градина, иако се повеќе се трудат да ја сменат и подобрат таа ситуација. Не замислива количина на отпад се исфрла од земјата во океаните од Индонезија и Кина. Затоа многу често си мислиме дека нашите дела не придонесуваат на никаков начин. Рециклирањето на мало количество на пластика или штедење на потрошувачката на енергија така што пократко се тушираме или ги гасиме светлата кога не ги користиме, сите кои се трудат да живеат вака може да се исфрустрирани, меѓутоа доколку повеќето почнеме вака да живееме тогаш можеме направиме промена.

Да помислиме на Грета Тунберг, 16 годишната девојка која го привлече вниманието кон климатските промени во Стокхолм, Шведска во 2018. Уште кога наполнила 9 години, ја сфатила заканата од климатските промени, па престанала да јаде месо и да купува непотребни продукти. Престанала да користи авиони и нејзиното влијание го пренела и на своето семејство. Организирила школски протести за климатските промени, и побарала голем број од луѓето во светот да се приклучат кон нејзината цел. Ова станало едно глобално цивилно движење кое инспирираше илјадници студенти околу

светот да организираат слични акции. Грета е од генерацијата, чиј што живот ќе биде најмногу погоден од нашите дела денес. Пораката која ја даде на климатската конференција во Полска беше многу јасна „Зарем не сфаќате?“.

„Не ми треба вашата надеж. Не сакам да се надевам. Сакам да почнете да паничите ... и да реагирате како да ви гори куќата“ - Грета Тунберг.

Едно истражување наречено Младински Барометар, кое било издадено претходната година, покажува дека грижата на младите за климатските промени има драстично пораснато од 2008 година, кога околу 40 проценти биле загрижени. Сега бројот е 70 проценти. Но, што можеме да нааправиме? Што би кажала Грета Тунберг? Можеби истите зборови кои ги кажа на климатската конференција, сите се важни. Денес, социјалните медиуми претставуваат моќна алатка за ширење на пораката. Некогаш нешто толку мало како споделување на објава на вашата Facebook страница, ја проширува пораката кон десет ако не и повеќе луѓе. Така да користет инспирирачки луѓе, пораки, видеа, слики и пренесете ја пораката. Можеби ќе влијаате барем на една личност за поставување на подобра иднина пред нас, па после на уште една личност, па на уште една. Продолжете да рециклирате пластика и да ги гасите светлата. Поставете промената која сакате да бидете, дури и кога се чувствувате дека тоа е малку, секоја акција е важна.

Грета Тунберг даде пример за индината во 2078, кога таа ќе наполни 75 години - „Кога ќе имам деца, можеби тие ќе го поминат денот со мене. Можеби тие ќе прашаат за тебе. Можеби ќе прашаат зошто ти не направи ништо кога имаше шанса.“

Селина Ниеми

Преведувачка: Маја Колеска

Извори:

https://yle.fi/uutiset/3-10642823?fbclid=IwAR3lUNWxkhn73ekSblHnfiTtl3CBztUeBsbEfb_DRK8ssgCu8op-lolEarw

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<https://ilmastotieto.wordpress.com/2010/05/28/miten-ihminen-vaikuttaa-maapalloon/>

https://fi.wikipedia.org/wiki/Greta_Thunberg



#WIZZAIRMARATHON2019

Traditionally every year, Volunteers Centre Skopje takes part on Wizzair marathon by sending EVS and local volunteers to help. This year, on Saturday 4th May, the volunteers gathered to one of the water point to give water and fresh fruits to runners. Day started by organizing water bottles and fruits and getting ready for giving them to runners as they ran by. The volunteers were energetic and they were full of fun! Wizzair marathon gathered runners from 58 different countries for 4 different rounds: 5 km, half marathon, marathon relay and full marathon. Full results of the marathon can be seen at <http://skopskimaraton.com.mk/en/>. First 5 km gathered most runners - 4474, and the half marathon 1617.

Традиционално, како и секоја година Волонтерскиот Центар Скопје учествува на WizzAir маратонот со испраќање ЕВС и локални волонтери за логистика. Оваа година, во саботата на 4 Мај, волонтерите се собраа на едно од местата за освежување со вода и овошје наменето за тркачите. Денот започна со организација на шишињата со вода, овошјето и припремање за истите да им се поделат на учесниците како што поминуваат покрај нас. Волонтерите беа постојано во акција и се забавуваа. На Wizzair маратонот учествуваа учесници од 58 различни земји на 4 различни трки: 5 километарски, полумаратон, штафетен маратон и цел маратон. Конечните резултати од маратонот можат да се најдат на: <http://skopskimaraton.com.mk/>. На првата трка на 5 км имаше најмногу учесници - 4.474, а полумаратонот - 1.617.



Two faces of my life

When I fall down as a red leaf, down to the cold forest ground
That's when I am sinking, a wounded bird, a broken leaf.
When I land and break, someone steps me in the dirty soil
That's when I feel dead and empty inside.
Shattered, broken down to pieces,
Crawling into earth, through muddy tunnels, dark and wet.
Lonely, sad and helpless, alone in the darkness of my mind.

When I float on clouds and run with a deer, up and down the forest hills.
That's when I am rising, up the curve, a singing bird, a blooming flower.
When I see you in the distance and, towards me you run, like a sunbeam through the leafs
That's when I crack a smile and jump in joy and fly to meet you.
Embrace. Your touch; my touch. A moment of joy.
Rising up into the blueness of the sky, through leaf tunnels and cloud alleys, light and cosy
Connected, safe and fully alive, together in the mind of each other.

A leaf is falling down and dying slowly,
Creating soil, where something new may grow.
But it's all just in the mind.
Changing up, changing down, the rise and fall in tides.
I rise high in joy and energy.
I fall down in dismay and lethargy
Power, able to live, free from invisible bonds
Weakness, caught in a mental cocoon.
Two faces of my life.

- Mathis Gllsbach

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